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# Aquarium launches challenge over cetacean breeding ban

**Court.** Bylaw passed by city park board deemed 'impractical and unwise'

EMILY JACKSON
emily.jackson@metronews.ca

The Vancouver Aquarium will fight the Vancouver park board in court over a controversial bylaw that bans breeding whales, dolphins and porpoises within city limits.

The aquarium argues the bylaw serves "no legitimate municipal purpose" and is beyond the park board's jurisdiction, according to a statement announcing the B.C. Supreme Court legal challenge on Wednesday.

The park board passed the bylaw on July 31, as well as three other resolutions regarding whales and dolphins in captivity, after a marathon special meeting on the contentious and polarizing issue.

"The resolutions raise significant concerns given the risks and impractical nature of proposed changes to the park bylaw under which cetaceans can be acquired and kept in Vancouver's parks," aquarium CEO Dr. John Nightingale said in a statement.

Along with the prohibition on breeding in captivity, the resolutions called on the aquarium to establish an oversight committee, research alternatives to cetacean exhibits and study whether well-being is even possible for cetaceans in captivity.

The aquarium is in the midst of an expansion and is scheduled to build larger beluga and dolphin tanks next year.

The aquarium objected to all four resolutions, stating an oversight committee would remove control from the aquarium's experts and a study on cetacean care standards would be too costly. A ban on breeding is "impractical and unwise" and could hurt the aquarium's marine mammal rescue centre, according to the statement.

Park board chair and commissioner Aaron Jasper is "extremely disappointed" in the legal challenge, but said the board stands by its decision.

"I feel we did strike the right balance, respecting the work the aquarium does in conservation and education, but on the other side, listening to a growing call to end the practice (of keeping cetaceans in captivity)," Jasper said.

"We will vigorously defend our right and authority to write, change and add bylaws, regardless of whether they pertain to cetaceans."

Jasper noted that the aquarium willingly complied with the park board's 1996 bylaw to prohibit capturing wild cetaceans for display.

"The Vancouver Aquarium needs to remember it is a tenant in a Vancouver park," Jasper said. "If they are the experts, as they say they are, they should have nothing to fear by being transparent with how they conduct themselves."

Beluga whale Qila leaps out of the water as a trainer watches at the Vancouver Aquarium. The facility has filed a legal challenge against the park board over a recently approved cetacean breeding ban. DARRYL DYCK/THE CANADIAN PRESS FILE

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Alleged dog-kicking

## Centerplate puts CEO on probation

The CEO who appears in a downtown Vancouver elevator surveillance video allegedly kicking a dog will donate $100,000 to establish an animal welfare foundation and will serve 1,000 hours of community service, but he will be not be fired.

Centerplate announced Wednesday that CEO Des Hague will be censured and placed on "indefinite probation." Any further acts of misconduct would result in immediate termination, the company said.

"The company finds Mr. Hague's personal behaviour unacceptable and outside the bounds of our high standards and expectations of all of our staff," the company said in a statement.

The move comes after a video released by Global News last week allegedly shows Hague kicking and violently yanking on the leash of a Doberman pinscher puppy named Sade.

Centerplate, which has a contract with B.C. Place and the Vancouver Convention Centre, said Hague will personally donate $100,000 US to establish the Sade Foundation in honour of the dog. The company will also contribute a portion of its sales to the foundation, which will help support the protection and safety of animals in Vancouver. The company said Hague will also serve 1,000 community service hours with an animal welfare organization.

Last week, the B.C. SPCA recommended animal cruelty charges against Hague after the agency seized Sade, who is in good physical condition. Crown counsel is reviewing the case. THANDI FLETCHER/METRO

A baby sleeps in the arms of his mother. NIKOLAS GIAKOUMIDIS/THE ASSOCIATED PRESS

# Fraser Health removing breastfeeding 'contract'

**Complaints.** Fill-in form 'guilted' mothers, called breastfeeding 'normal way to feed your baby'

THANDI FLETCHER
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Hospitals in B.C.'s Fraser Health region will no longer ask new moms to sign a "feeding plan," after some mothers complained the form caused them anxiety and shamed women who don't breastfeed their babies.

Tamara Van Tent, perinatal clinical program director for Fraser Health, said the health authority would no longer be giving the form to women who give birth in their hospitals, after receiving complaints about it this week.

"It was not our intention to make any one of our parents feel offended or have anxiety around their choice," she told Metro.

Van Tent said the document was intended to educate mothers around feeding choices and support them with their preferred feeding method.

"It's not a contract," she said. "All it is is a form to help health-care providers and families work together to identify the preferred feeding method and to make sure we're supporting that parent's choice."

The document, which has been in use since 2007, sparked controversy after some mothers complained on the news website iVillage.ca that the handout caused them to feel shame, inadequacy and guilt if they had difficulty breastfeeding.

Although she didn't receive the form while she was in hospital, new mom Jessica Weaver, whose daughter Tenley was born Aug. 12, said she was alarmed to see the document describe breastfeeding as the "normal way to feed your baby."

"Who's to say what's normal? Everyone's normal is different," said Weaver. "The hospital can give you the information, but you should be free to choose whatever you want without being guilted or being persuaded one way or the other."

Vancouver mom Alexandra Samur, who has a nine-month old son, spoke out on social media about the document.

Samur, who said she initially struggled to breastfeed her son, said she thinks new moms would be overwhelmed to read the document after already going through the exhausting process of labour.

"There's enough pressure out there to feel like you have to do it without having to sign a contract or a plan," she said.

Van Tent said Fraser Health is taking the feedback seriously. The health authority will be revising the form and changing the language before it is handed out again, she said.

Education Minister Peter Fassbender speaks to media in Victoria Wednesday. It was still unclear at that point whether classes will start next week at B.C. schools. CHAD HIPOLITO/THE CANADIAN PRESS

# Minister calls for two-week pause to teachers' strike

**End of summer.** BCTF's president says he wants to start mediation as soon as possible

The question of whether British Columbia's half-million schoolchildren start classes as scheduled next week appears to hinge on the teachers' union accepting a government proposal to temporarily end an ongoing strike and delay dealing with one of the union's largest grievances.

Education Minister Peter Fassbender met with the B.C. Teachers' Federation and the government's lead negotiator Wednesday in Victoria, where he asked both sides to take a two-week break from strikes or lockouts if a veteran labour mediator agrees to get involved.

But Fassbender's proposal would require the union to set aside the issue of class size and composition, which the teachers' federation has said is the main sticking point. Those issues were the subject of two important court rulings, both of which found the government violated teachers' collective bargaining rights.

"If Mr. (Vince) Ready saw that we were close enough, by setting aside the grievance portion of the court case, which is still on going … then we could get it done," Fassbender said, referring to a mediator who was brought into the process earlier this month.

"It could be that if the BCTF was ready to accept that proposal overall, we could get into mediation as early as (Thursday). And if we got a settlement this weekend, then nobody would have to stand down anything."

After the meeting, BCTF's president, Jim Iker, did not indicate what the union planned to do, though he said he wanted mediation to start as soon as possible.

"The minister has some ideas and I think those ideas should come to us through the bargaining table with Mr. Ready," he said. "There wasn't any new idea proposed today that we haven't heard."

The union said in an emailed statement that Iker hopes the government will demonstrate to Ready that it's willing to make "significant moves," including more funding to improve class size and composition. THE CANADIAN PRESS

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## Cycling. Bike lanes boast record summer traffic

More Vancouverites are using the city's bike lanes than ever this summer, according to statistics released by the city on Wednesday.

A record 195,000 bike trips were made across the Burrard Bridge in July 2014, an increase from 161,000 trips in July 2013, according to numbers collected by automatic bike counters.

Since it was built five years ago, the separated bike lane on the bridge has been cycled across more than five million times.

Cyclists travel south across the Burrard Bridge. METRO FILE

The Hornby Street separated bike lane also hit record volumes in July 2014 with 71,000 trips, up from 68,000 last year.

EMILY JACKSON/METRO

## Crime. College goes after suspected illegal dentists

The B.C. College of Dental Surgeons is taking a bite out of two alleged illegal dental practices found in Vancouver.

Chao Ming Guan has been identified as one of the two suspected illegal dentists offering services despite never registering with the college.

It obtained a temporary injunction from B.C. Supreme Court against Guan, which prevents him from practising unless he registers with the college.

Lawyers for the college are also asking to make the injunction permanent.

The second file remains sealed by the court and no further details could be released.

STEFANIA SECCIA/FOR METRO

### Survey work underway

Biologists Riley Swendseid, left, and Stefan McAvoy work along Stoney Creek on Wednesday, as part of a field study and geotechnical investigation for the proposed Kinder Morgan Trans Mountain Pipeline expansion project. The project would run nearby in Burnaby. Burnaby was opposed to permitting Kinder Morgan surveyors onto municipal land but lost a National Energy Board decision last week. DARRYL DYCK/THE CANADIAN PRESS

Gardeners look at the damage along the Arbutus corridor after CP bulldozed their gardens on Aug. 14. JENNIFER GAUTHIER/METRO FILE

# Work on Arbutus corridor on hold

### Meetings. CP Rail suspends work, pending talks with city

Gardeners along the Arbutus corridor will have a two- to three-week reprieve from the threat of bulldozers tearing down their plots.

CP Rail and the City of Vancouver have agreed to meet to discuss the future of the corridor, with CP suspending work along the 11-kilometre stretch of rail for the duration of the talks, according to statements issued by CP and the city on Wednesday.

The parties are in a long-standing dispute over the value of the property, which is zoned as a transportation corridor. CP wants to sell it to the city for a reported $100 million, but the city values the land at only $20 million.

Senior officials from both parties will meet for the next two to three weeks.

"If a reasonable solution has not been found in this timeframe, CP will resume work in preparation for rail operations," CP spokeswoman Breanna Feigel said in a statement.

CP also reminded the public that it's not safe to be on or near the railroad tracks, which haven't operated since 2001.

The city would not comment on when the meetings are, how many are scheduled and who will be at the table. Negotiations are confidential and both sides have agreed not to speak to media.

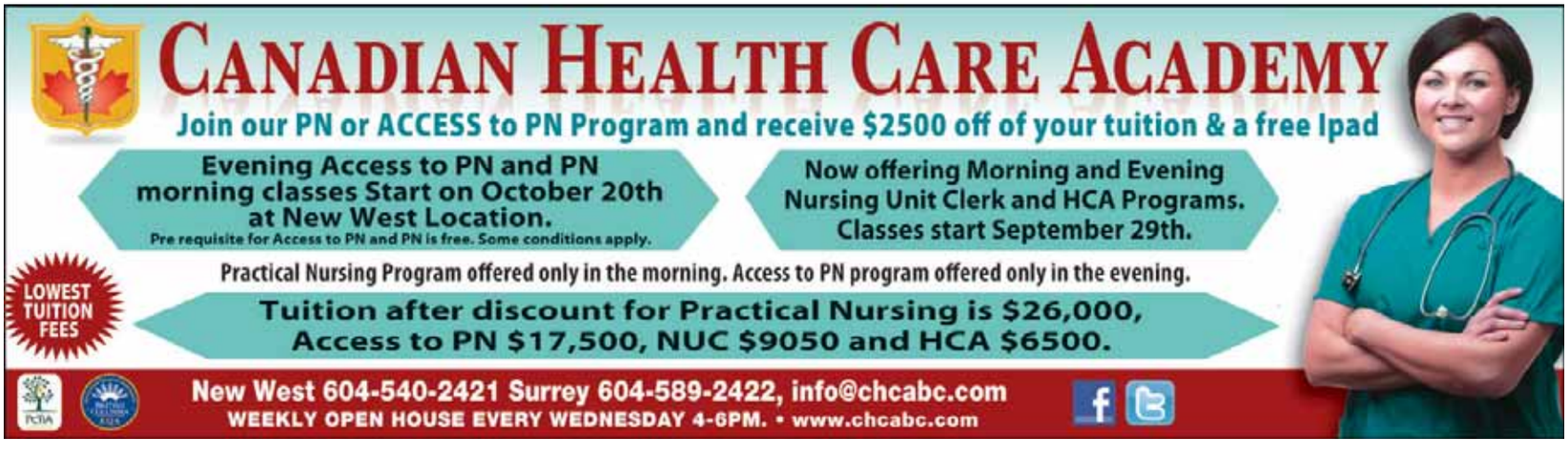
In mid-August, CP started bulldozing gardens on the property to ready it for use. Mayor Gregor Robertson called this a "bullying tactic" to convince the city to pay more than what it believes is fair market value.

For gardeners whose plots have yet to be torn down, the news was extremely welcome.

"I'm so relieved," said Maureen Ryan of the Cypress community garden. "We are extremely pleased that the city and CP rail have come to the table to discuss this."

Arbutus Victory Gardens organized a Thursday meeting for all community gardeners along the tracks to discuss their dire situation.

EMILY JACKSON/METRO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# Researchers test adaptability of the 'walking' fish

**Walk, don't swim.**
Scientists have found the Polypterus fish is able to walk more efficiently if living exclusively on land

A polypterus senegalus, or 'walking' fish, walks by using its fins and body for support. ANTOINE MORIN/THE CANADIAN PRESS

Research conducted at McGill University has studied the effect of a lifetime of walking on a certain type of fish.

The findings, published in the journal Nature, suggest much about the evolution of anatomy such as arms and legs.

"What we wanted to pin down was: If you change the environment of this fish, does it change its behaviour or does its anatomy change?" said Emily Standen, now at the University of Ottawa.

Her team started with a fish called Polypterus, a fish with both lungs and gills that can live in water or on land. Standen divided their fish into two groups — half on land, half in water. The team found the fish on land developed beefier muscles and became more efficient walkers than their marine counterparts.

Standen said plasticity (a term scientists use to describe an animal's capacity to adapt) in this case indicates animals have an inherent ability to evolve and live in novel environments. THE CANADIAN PRESS

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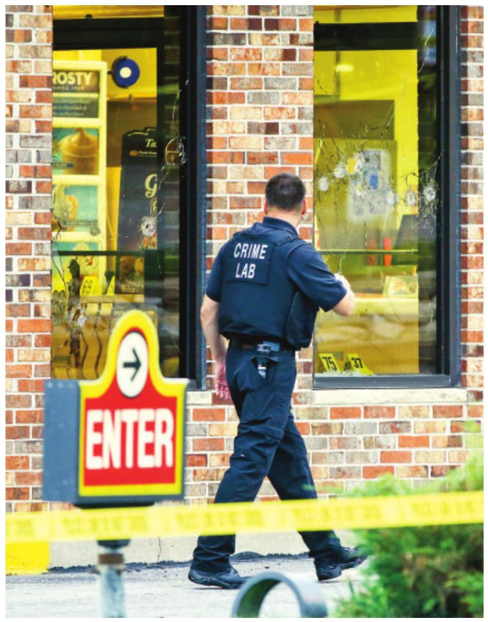
# Uzi accident. Debate swirls after girl kills instructor

The death of a firing-range instructor at the hands of a nine-year-old girl bracing an Uzi submachine gun has set off a powerful debate over youngsters and guns, with many people wondering what sort of parents would let a child handle an Uzi.

As the girl opened fire at a target, the recoil wrenched the fully automatic weapon upward, and the instructor Charles Vacca, 39, was shot in the head and killed Monday at the Last Stop outdoor shooting range in Arizona.

Many on social media expressed sympathy for the girl while questioning whether the adults at the gun range were to blame.

Sam Scarmardo, who operates the shooting range, said Wednesday that the girl's parents had signed waivers saying they understood the rules of the range and were standing nearby, video-recording their daughter, when the accident happened. THE ASSOCIATED PRESS




## TV show turns fatally real

A crime lab technician walks past bullet-riddled windows at a Wendy's in Omaha, Neb., Wednesday. A crew member with the Cops reality TV show was killed when police interrupted a robbery Tuesday night at the fast-food restaurant and opened fire on a suspect who also died, the production company behind the television show said Wednesday. NATI HARNIK/THE ASSOCIATED PRESS

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Prince Edward Island Premier Robert Ghiz. THE CANADIAN PRESS

# Leaders calling for forum on murdered aboriginal women

Canada's premiers and aboriginal leaders are inviting the federal government to participate in a roundtable to address the high number of native women who are missing and murdered.

Premier Robert Ghiz of Prince Edward Island said while the premiers and native leaders would still like to see a public inquiry, they agreed to a compromise in the hopes of federal involvement.

"If we know we're not going to get somewhere, there's no point in us putting our head in the sand and saying, 'OK, we're done with it,'" Ghiz told a news conference Wednesday after hosting a meeting with aboriginal leaders and his provincial counterparts in Charlottetown.

"We believe that it's better to compromise and open up the first line of discussions rather than to just sit back and say, 'Well, I guess we'll wait for the next election and see what happens.'"

Ghiz said he would like to see federal cabinet ministers such as those in the portfolios of justice and aboriginal affairs participate in the roundtable.

THE CANADIAN PRESS

# Israel's PM both claim

**Open-ended truce.** Badly battered Hamas remains in control of blockaded Gaza, with part of its military arsenal intact

Israeli Prime Minister Benjamin a news conference in Jerusalem, militant holds a weapon during SEBASTIAN SCHEINER/THE ASSOCIATED PRESS;

Both Israel's prime minister and Hamas declared victory Wednesday in the Gaza war, though their competing claims left questions over future terms of their uneasy peace still lingering.

Israeli Prime Minister Benjamin Netanyahu's comments, delivered in a prime-time address on national television, appeared aimed at countering critics of the war, with both hard-liners in his governing coalition, as well as residents of rocket-scarred southern Israel, saying the war was a failure because it did not halt Hamas' rocket attacks or oust the group from power.

Masked Hamas militants carrying heavy weapons gave their own address upon the rubble of one destroyed Gaza neighbourhood, though their own major demands won't be addressed until indirect talks with Israel begin again in Cairo.

Israel and Hamas agreed to an open-ended truce Tuesday, with each side settling for an ambiguous interim agreement in exchange for a period of calm.


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# and Hamas victory

Netanyahu, left, declares victory during Wednesday. At right, a Hamas masked a celebration in Gaza City.
RIGHT: ADEL HANA/THE ASSOCIATED PRESS

Hamas, though badly battered, remains in control of Gaza with part of its military arsenal intact. Israel and Egypt will continue to control access to blockaded Gaza, despite Hamas' long-running demand that the border closures imposed in 2007 be lifted.

Hamas is seeking an end to the Israeli blockade, including the reopening of Gaza's sea and airport. It also wants Egypt to reopen its Rafah border crossing, the territory's main gateway to the outside world. Under the restrictions, virtually all of Gaza's 1.8 million people cannot trade or travel. Only a few thousand are able to leave the coastal territory every month.

Israel, meanwhile, wants Hamas to be disarmed.

"Hamas was hit hard and it received not one of the demands it set forth for a ceasefire, not one," Netanyahu said. He said Israel "will not tolerate" any more rocket fire, and would respond "even harder" if the attacks resume.

Addressing the future of Gaza, Netanyahu said that should Palestinian President Mahmoud Abbas "choose peace," he would be happy for the Palestinian leader to regain control of the coastal enclave, which the Islamic militant group Hamas has ruled since it routed Abbas' forces in 2007. THE ASSOCIATED PRESS

Baby-trafficking scandal

## Head of Niger parliament flees country

The president of Niger's National Assembly has fled the country after his immunity was lifted so he could be questioned about a baby-trafficking scandal that has shaken the country's political class.

A statement read out on state television Wednesday night says Hama Amadou fled for neighbouring Burkina Faso. Amadou's wife, the country's agriculture minister, and 16 other people have already been arrested over their suspected links to the network involving the trafficking of babies from neighbouring Nigeria.

The announcement that Amadou had fled came just hours after members of Niger's parliament lifted his immunity. THE ASSOCIATED PRESS

Iqaluit

## Fire crews work to extinguish 'dumpcano'

Fire crews are getting ready to start pumping water on a fire in the Iqaluit city dump that has been smouldering since May.

"We're trying to set up and trying to put water onto this thing," fire chief Luc Grandmaison said Wednesday.

"We're putting all the equipment together and (hope to) be able to pump from the sea."

The fire, known locally as the "dumpcano," has been burning deep within a massive pile of garbage.

The combustion is centred somewhere within untold numbers of household garbage bags, in a section of the dump about the size of a football field and up to four storeys deep.
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# Study: Hunger may be stunting Inuit kids' growth

**Food insecurity.** Paper published in Canadian health journal raises concerns of 'long-term implications' for kids in Arctic Quebec

Hunger among Inuit families is so prevalent in Arctic Quebec that it could explain why almost half their children are shorter than average, new research suggests.

A paper published in the Journal of the Canadian Public Health Association says the height discrepancy implies that food insecurity is a long-running problem — not just something that happens occasionally.

"The observed association between food insecurity and linear growth suggests that the diet quality and quantity of children from food-insecure households had been compromised for a long time," the paper says.

There have been numerous studies in recent years documenting food insecurity in the North, which is defined as occurring when a family feels there isn't enough on the table and either children or adults have to eat less as a result.

Wednesday's study by researchers affiliated with Laval University is believed to be the first to look into the physical consequences. They looked at 294 children between the ages of eight and 14 from several villages in Nunavik, the name for northern Quebec. About half of those children came from homes considered food-insecure. They found a high correlation between slow growth rates and food insecurity.

"Food-insecure children were significantly shorter in stature, by an average of two centimetres, than their food-secure counterparts," the report says. "For children of this age group, this is close to half a year's growth."

They also found children from hungry families tended to be more anemic.

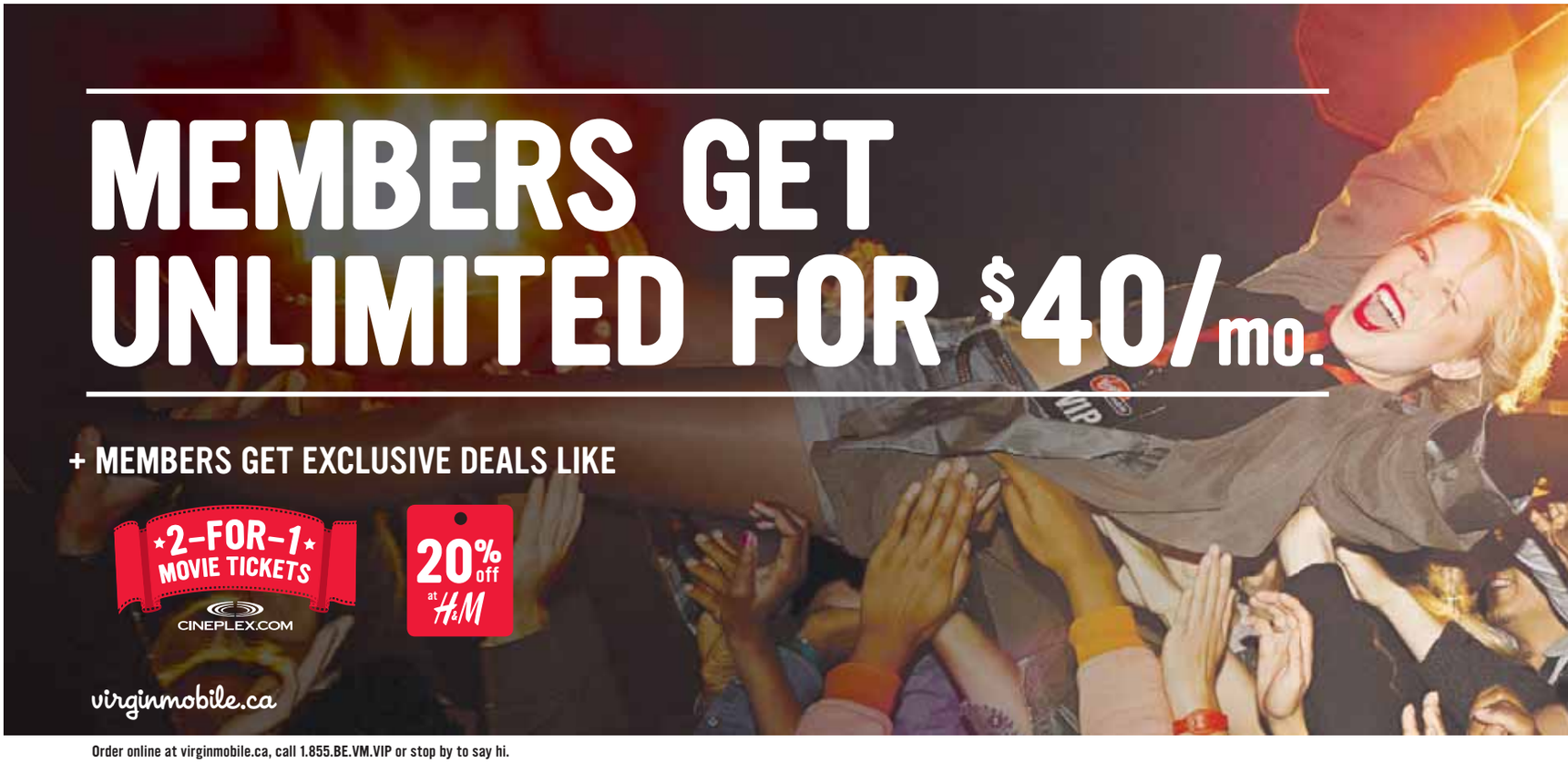
"The results of this study raise concerns about the long-term implications of food insecurity for Nunavik," the report concludes.

THE CANADIAN PRESS

## Hurricane Marie whipping up wicked waves

A boogie boarder rides a wave in Newport Beach, Calif., on Wednesday. Southern California beachgoers experienced surf much higher than normal, brought on as Hurricane Marie spun off the coast of Mexico.

CHRIS CARLSON/THE ASSOCIATED PRESS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# A year after 'rape chant' incident, St. Mary's unveils new initiatives

**'Commitment' to safety.** Code of conduct revamp, workshops and new orientation style among changes highlighted

STEPHANIE TAYLOR
halifax@metronews.ca

Dr. Colin Dodds, president of Saint Mary's University, speaks during a news conference on the school's campus on Wednesday. PATRICK MCKENNA/FOR METRO IN HALIFAX

Nearly a year after Saint Mary's University in Nova Scotia made national headlines for the infamous "rape chant" incident, student Katelyn McLeod believes it's time to move on.

"Just because of that one bad incident it put a black name on us," the fourth-year psychology major said Wednesday.

She described that following the aftermath of the event, where a video went viral showing a group of frosh week leaders leading students in a chant glorifying non-consensual sex with underage girls, the student body has been under fire from the community.

"Everyone around us judged us," she said. "As a student, when you say you are from SMU, everyone was like, 'Oh, were you a part of the (chant)?'"

But McLeod isn't the only one ready for a reputation change. In a news conference Wednesday, members of a university action team formed in response to last year's incident unveiled a number of new initiatives the university has launched to prevent sexual violence on campus.

"Our commitment is to have ... promotion of a safe, inclusive, respectful working environment for our students, our faculty, our staff and the wider community," university president Dr. Colin Dodds said.

Dr. Esther Enns, dean of the university's faculty of education, chaired the panel as they gave a sixth-month update on a list of 20 recommendations they were tasked with implementing. Creating an understanding around consent was one of the top priorities.

"(Consent) is a safety issue for us at the university and it's a safety issue at any university," she said.

One of main changes includes the introduction of a new set of training safety videos that debunk myths around sexual assault.

Revamping the university's code of conduct to take more action against sexual violence, planning a number of workshops on sexual health and the launch of a new style of orientation called Welcome Week were among the other changes highlighted.

"(Orientation) isn't about the one or two weeks at the beginning of September," said student union executive vice-president James Patriquin. "We've realized that driving cultural change is a year-long process."

**Welcome change**

**The newly named Welcome Week will feature more than 24 activities that prepare students for all aspects of university life, ranging from sessions on alcohol abuse to keynote speeches on diversity and sexuality issues.**

**London, Ont.**

## Western Gazette pulls controversial articles from site

Western University's student newspaper in London, Ont., has apologized and pulled three controversial articles from its website.

The Western Gazette's editorial board issued a statement Wednesday afternoon saying, in part, "our aim was to put out an entertaining issue for first-year students and Western as a whole. It's clear that we have failed to do that and, for that, we apologize."

The articles, one of which advised stalking teaching assistants on social media to score a date, sparked furor on social media over the weekend.

Critics said the other two articles that have been pulled promoted drinking and gave a guide to drug use.

All appeared in the paper's Frosh Issue.

ANGELA MULLINS/
METRO IN LONDON, ONT.

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# Canadians pay high price for paper bills, statements: Report

**Roughly $500M high.**
As much as $102M in fees are being paid by low-income Canadians, seniors who don't have Internet access at home

Canadians are probably paying more than half a billion dollars a year to receive printed bills and bank statements by mail, suggests a report released Wednesday by the Public Interest Advocacy Centre.

The consumer research organization polled more than 2,000 Canadians and found about three-quarters of the respondents objected to being charged fees for paper copies of their bills and balances.

One in three said they were uncomfortable with making the switch to e-billing or online banking.

While there are no official numbers disclosed by the banking and telecommunications industries stating how much money is being paid annually for paper bills and balances, PIAC estimates the total is "conservatively" between $495 million and $734 million, plus taxes.

As much as $102 million in fees are being paid by low-income Canadians and seniors who don't have Internet access at home or don't use computers, suggests the report, which was funded in part by Industry Canada.

John Lawford, PIAC executive director, said he'd love for companies to reveal exactly how much they collect for paper bills.

"They don't want to release it because it's supposedly competitively sensitive, which I don't really think it is … and then secondly I think it's embarrassing."

THE CANADIAN PRESS

**Market Minute**

**DOLLAR** 92.12¢ (+0.81¢)

**TSX** 15,602.65 (-16.56)

**OIL** $93.88 (+0.2¢)

**GOLD** $1,283.40 US (-$1.80)

**Natural gas:** $4.02 US (+0.05)
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# SLOVENLY MAN'S GUIDE TO BEING A GOOD ROOMIE

HE SAYS

**John Mazerolle**
metronews.ca

As students head out to university, many for the first time, it's important to consider how to find a roommate and how to ensure they do all the cleaning.

Trust me, kids. Cleaning is the worst. For reasons that are now becoming clear to me, it's been many years since I've had a roommate.

But if there's one thing I took away from my time sharing a space with a near-stranger, it's that if he bought all the cleaning supplies, then clearly he should do the cleaning. It's the same setup as when I was with my parents. What could be more homey?

It's a simple matter of compatibility.

If I found a dead animal in my apartment, I would put a Glade Plug-In in its mouth and maybe Febreeze the carcass, if I thought it needed it. Balance dictates that my roommate should be a neat freak who wipes down surfaces even when — get this — there is nothing growing on them.

Cleanliness out of the way, here are a few basic guidelines that will get you and your roomie off to a great start:

**Screening your roommate:**

• Discover who is the alpha by pecking at the person's head until someone relents.

• Be sure to complete BuzzFeed's What Kind of Roommate Are You? quiz.

• Things will run more smoothly if you choose someone on the same schedule as you: Up past midnight procrastinating, a two-hour anxiety wakeup between 3 and 5, and a panicked 7:45 scramble to your 8 a.m. class.

**Settling in:**

• Get out ahead on being "the weird one."

• Agree on a theme for the apartment, such as Arabian Nights or The Blair Witch Project.

• It's customary to say a few words about the Eternally Soaking Frying Pan before you place it in the sink, never to be removed again.

• Explain to your roommate early on that you are the type of person who would prefer not to be murdered in your sleep, so as to avoid any future arguments.

**Long-term compatibility:**

• In today's post 9/11 world, NEVER leave your bags alone in your apartment.

• If your roommate has a boyfriend or girlfriend, put them at ease by letting them know that they can make as much noise in the bedroom as they want, morning, noon or night.

• If your roommate is doing all the maintenance, ask for a rent reduction since they're obviously getting more out of the place.

• Remember that the passive aggressiveness you cultivate with your roommate will be useful as you climb the corporate ladder and navigate your first couple of marriages.

• Don't let things fester, especially flesh wounds.

• You paid half the damage deposit. You get to smash only your half.

• If you're both jerkwads, get a reality-TV camera crew in there, stat. If you're both happy and laughing all the time, consider stock photography. And remember, if you have any run-ins with your roommate, the simplest solution is to come clean. As always, leave that to him.

## Paint the town tomate

People throw tomatoes at each other, during the annual "tomatina" tomato fight fiesta in the village of Bunol, 50 kilometres outside Valencia, Spain, Wednesday. ALBERTO SAIZ/THE ASSOCIATED PRESS

### Spanish village goes pulp after annual tomato fight fest

The streets of an eastern Spanish town were awash with red pulp today, as thousands of people pelted each other with tomatoes during Tomatina, the world's most famous food fight.

Every year, the fiesta begins at around 10 a.m. with what's known as the palo jabon, in which brave revellers attempt to climb a greased pole to reach a ham, which has been placed at the top.

Then a loud signal begins the onslaught of tomato madness. Tonnes and tonnes of specially grown tomatoes are thrown into the town's main plaza, where they're crushed, so as not to cause injury.

The fight lasts an hour and covers the whole town square with red pulp. A large-scale cleaning operation ensues, involving fire hoses.

This is the second year non-resident participants were charged to take part. The town of about 20,000 people began charging to help pay off debts of some 5.5 million euros.

DAILYMAIL.CO.UK

**By the numbers**

## 125 tonnes

**Amount of tomatoes dumped by trucks for 22,000 participants to pelt each other with.**

MetroTube

## Urban elites: That's not how you eat sushi

ANDREW FIFIELD
andrew.fifield@metronews.ca

**We're all sophisticated city folk, right? We're urban elites, which means we like to fill the time between latte-sipping with such highbrow pursuits as eating sushi. But you can't just go stuffing it in your face like some kind of animal. A delicate dish deserves a delicate touch, and sushi chef Naomichi Yasuda is happy to teach us. (YouTube/Munchies)**

THE CANADIAN PRESS FILE

**Letters**

**Re: Indian youth celebrate Janmashtami festival, published Aug. 18. 2014**

Last week, your paper carried an article about the festival "Janmasthami," which marks the birth of Krishna. The news item made a silly, sour reference to the divine representation, by using the expression "The Hindu God Krishna". One feels transported to the 18th or 19th century, when sundry travellers and Christian missionaries would use this type of terminology. "Krishna" is God represented in a certain manner, anthropomorphically. The supreme being is simply depicted in that way. It is not "God" apart from "God" in the Christian religion or "Allah" in Islam, or Yahweh in Judaic lore. It's the same God, that is the belief. **Varun Shekhar, Toronto**

metro AR

SEE THE NEWS COME ALIVE

*In this issue, you can find AR enhancements on page 15 in Scene and page 30 in Sports.*

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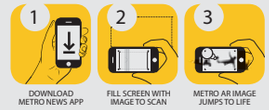


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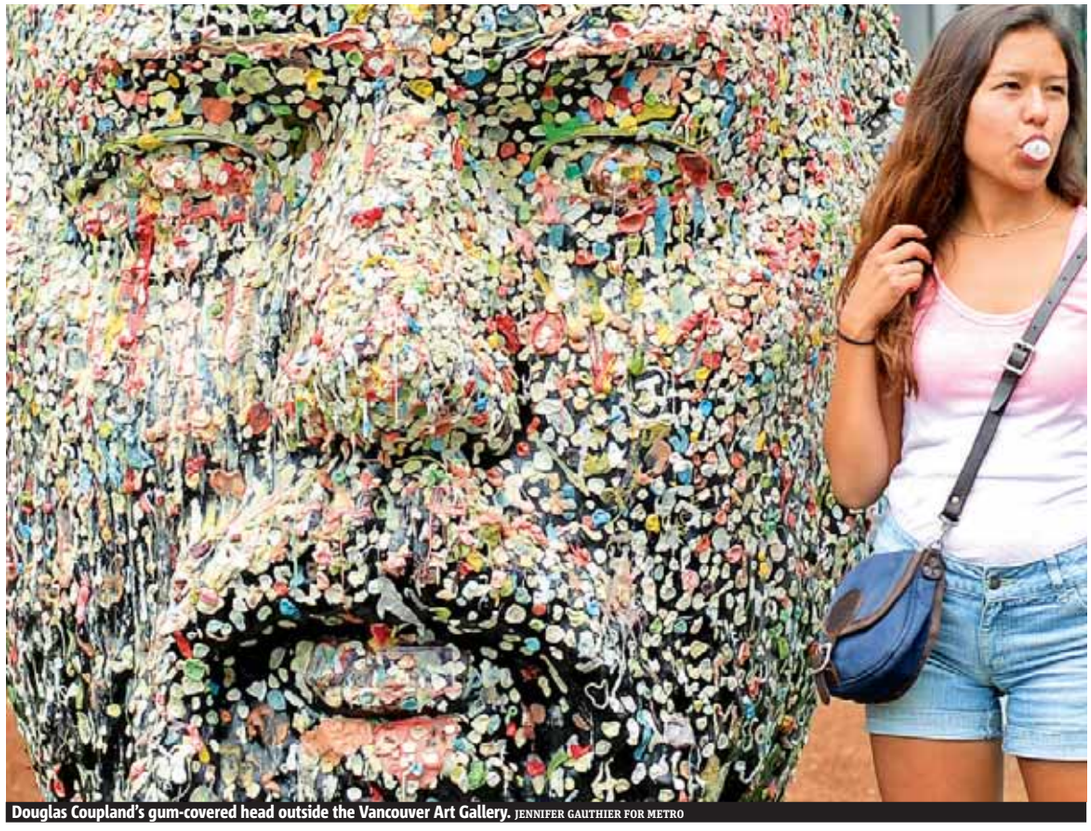
SCENE 2

# Artist works harder than you (but only until this Monday)

**Douglas Coupland.** Exhibit at Vancouver Art Gallery includes more than 100 pieces across a range of media

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca



Douglas Coupland's gum-covered head outside the Vancouver Art Gallery. JENNIFER GAUTHIER FOR METRO

The other day while sauntering along a downtown street, I spotted a sticker on a lamppost that stated: Douglas Coupland Works Harder Than You.

Now, I don't really know if this is true, but he does seem to be all over the place these days. Lampposts, book stores, Jack Poole Plaza and, if you've ambled by the Vancouver Art Gallery in the past little while, you've probably seen his giant, gum-covered noggin outside of it.

This installation is part of his major visual art exhibition at the VAG called Douglas Coupland: everywhere is anywhere is anything is everything.

And even if you only know a little bit of something about everything, you're going to want to go see it before it closes on Monday. After that, you won't be able to see anything anywhere. Well, not this particular exhibition, anyway.

It features more than 100 works representing the past 14 years of Douglas' creative output across a range of media. Let's just say the man is versatile.

Gallery hours have been extended to 7 p.m. today and tomorrow to accommodate more visitors. More information at vanartgallery.bc.ca.

**Fringe fun**

Are you ready to get your Fringe on? Vancouver Fringe kicks off next week (Sept. 4) and features more than 700 performances over 11 days.

Check out the full slate of performers/shows at vancouverfringe.com. And a special shout-out to the more than 600 volunteers who keep it all on track.

**Mongrel movies**

It's Mongrel Media's 20th anniversary and VIFF's Vancity Theatre is celebrating its catalogue over four consecutive Sundays, starting this weekend. There are 10 films playing from the Canadian documentary The Corporation to Jacques Audiard's superb A Prophet and Pedro Almodovar's Oscar-winning romance Talk to Her. Check out the full lineup of movies available at viff.org.

**Jack in the park**

Last (but certainly not least), Jack White performs at Deer Lake Park in Burnaby tonight, with guest Curtis Harding. Tickets are still available ($59.50) at livenation.com and Red Cat Records. General admission/all ages. Show starts at 7 p.m.

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# The boys flip the bird at mainstream TV

**Swearnet.** Sunnyvale's foul-mouthed trio ditch their Trailer Park alter egos and get autobiographical

STEVE GOW
scene@metronews.ca

The artists formerly known as the Trailer Park Boys have found themselves a new set of characters to play — themselves.

In their latest comedy Swearnet, actors Mike Smith, Robb Wells and J.P. Tremblay play fictionalized versions of themselves so frustrated with the confines of mainstream television, they decide to start an online network where cursing is celebrated. As outrageous as that sounds, the premise is actually semi-autobiographical.

"A lot of it was taken from real life," explained Tremblay recently.

"We pitched some TV show ideas to networks and (they'd ask) is this going to go as the Trailer Park Boy characters. It was kind of frustrating."

It wasn't a surprising turn of events. The boys witnessed their host network (Showcase) become increasingly restrictive with swearing as the popularity of the show grew over its seven seasons.

"They had basically changed their format," said Smith about the network whose logo used to be Television Without Borders.

"They had very specific borders so it didn't really fit in there anymore and you can't be bleeping that show. You don't really notice how much swearing there is because it's just natural. Once you bleep it, you notice it."

What shouldn't be too surprising is Swearnet's stunning amount of cursing.

In fact, the film is so chock full of foul language, audiences tend to become numb to the depravity. As Smith points out, "you don't realize you're listening to a world record being set."

In a sort of meta-twist, the Halifax threesome aren't just releasing the movie this Friday; they are actually starting up Swearnet and hope to populate the web-based network with all sorts of curse-laden programs.

"Ideally, we would like to get it to the point where we could have some version of a morning show and news and weather and sports — anything you see on a regular network," said Smith.

"But on these shows people swear, they just talk the way people talk."

**Quoted**

**"They had very specific borders so it didn't really fit in there anymore and you can't be bleeping that show. You don't really notice how much swearing there is because it's just natural. Once you bleep it, you notice it."**

MIke Smith on problems they had with Showcase becoming increasingly restrictive in the language on the Trailer Park Boys

**On being censored**

**"It was really frustrating us because without swearing it totally changes our comedy, our sense of humour," said Tremblay. "It's an important tool to what we do and what we write."**

**The comedic trio has lots of plans including a movie called Fire Cobras.** "It's about a fictional rock band from the 70's that become massively influential band but they've never played live," said Smith. "Everytime they try to play live, some horrific tragedy happens and it just makes the band keep getting bigger."

**AUGMENTED REALITY**

→ We have to bleep out all the swearing in this trailer, but you get the idea! Scan this photo with your Metro News app to see the clip!

→ See the full instructions on Metro's Voices page.

Robb Wells, Mike Smith and J.P. Tremblay leave their Trailer Park Boys personas behind and play themselves in Swearnet, which opens this Friday.
CONTRIBUTED

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# Blade Runner 2? Scott continues push for a followup to his 1982 sci-fi classic

Ridley Scott remains bullish on the prospective followup to his 1982 sci-fi success Blade Runner.

The director has a busy schedule, with a Prometheus sequel to follow this December's epic Exodus: Of Gods and Kings, while The Martian sends Matt Damon into an outer space survival situation with shooting to begin in November.

A Blade Runner sequel remains in the cards, with Scott telling Entertainment Weekly "it's written and it's damn good."

"Of course it involves Harrison (Ford), who is a survivor after all these years, despite the accident," he joked, in reference to Ford's recent leg injury on the set of Star Wars VII.

"So yes, that will happen."

Also on the team would be Hampton Fancher, who worked with Scott in turning Philip K. Dick's novel Do Androids Dream of Electric Sheep? into Blade Runner in the first place.

British director Ridley Scott BEN STANSALL/AFP

But before that: The Martian. With a November 2015 release date already set, Scott said he was looking to Hungarian capital Budapest for one location, as well as Jordanian valley Wadi Rum, a 720-square-kilometre rocky desert wilderness already known as The Valley of the Moon. AFP

**Quoted**

**"Of course it involves Harrison, who is a survivor after all these years ... So yes, that will happen."**

**Director Ridley Scott.** Scott said he plans to include Harrison Ford's Rick Deckard character in any Blade Runner sequel.


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Michelle Rodriguez ALL PHOTOS GETTY IMAGES

# Tired of partying with Zac, Rodriguez returns to NYC and former female flame

Now that her summer fling with Zac Efron is behind her, Michelle Rodriguez is reportedly seeking comfort back in the arms of model Cara Delevingne, with whom she split before taking up with Efron, according to Radar Online. But don't call it a comeback — yet.

"Michelle needed to get away from Zac, and she got away from him by going to New York to see Cara. Michelle missed Cara's company," a source says.

"I wouldn't be surprised if Cara and Michelle are hooking up again. Cara is a girl — and it's no secret that Michelle likes that."

There's also the suggestion that recently rehabbed Efron might not be behaving himself as much as his publicist would like everyone to think. "Cara doesn't party in the same way that Zac does," the source added. "Part of the reason that Michelle and Zac broke up was because she couldn't handle his partying."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

**The Word**

## *Fan with phone busts Bieber's Buster's date with Selina*

NED EHRBAR
Metro in Hollywood

Justin Bieber has probably had better weeks — I mean, I'm just guessing here.

First, he tries taking Selena Gomez out for a nice night at arcade funhouse Dave & Buster's — because of course he would — but he can't even enjoy a game of Need for Speed because a fan tried to snap some cellphone pictures of the pair, sending Bieber into a Wolverine-style berserker rage (because he's Canadian, get it?).

Bieber reportedly lunged at the man, grabbing for his phone, but was thwarted by his own security guards before he could make contact. (Do they get a bonus every time they have to stop Bieber from starting a fight he can't win? Because I hope so.)

Police were called, Bieber hit the skids, and now he's being investigated for attempted robbery, theft and battery since the fan — whom I'm starting to think isn't such a fan after all — is looking to press charges, according to TMZ.

It's probably nothing really worth worrying about, except Bieber is still on probation for egging his neighbour's house. Where was his security detail then, huh?

**Twitter**

**@ladygaga**
I just played with Queen
I'm the happiest girl alive!

**@thandienewton**
The kid just hooked me up with emojis — where the hell is my emoji?! Did the creators not travel? Read magazines? Have TV? Books? friends?!

**@ConanOBrien**
I hope I never discover a genie when I'm really hungry, tired, or unhappy with my cellphone reception.

Jessica Alba

# Alba's honest business valued at nearly $1 billion

Maybe Jessica Alba would be better served not worrying about the whole acting-career thing. The household and baby products line she co-founded, the Honest Company, has been valued at nearly $1 billion in advance of a potential IPO, according to the Wall Street Journal. Alba's company is expected to post revenue for 2014 in excess of $150 million, and it just raised $70 million in venture capital. So maybe she's not so concerned with whether there will be a third Sin City film.

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metro

BACK TO SCHOOL

Thursday, Aug. 28, 2014

# Pack healthy, school-friendly lunches

**Food fights.** Give your kids something they are going to eat

JACQUELINE KOVACS
For Metro

Of all the routines associated with kids going back to school, it's packing the lunch that fills most parents with dread. And no wonder: not only do you have to worry about sending something your child will actually eat, but you also have to consider their school's policies around food.

That's why registered nutritionist Lianne Phillipson-Webb, founder of SproutRight.com, says your first step is to find out if your child's school allows such foods as fish, egg, and dairy (nuts and tree nuts are always a no-no). Beyond that, she says, making tasty, healthy lunches is both easy and a great learning opportunity for children. Here's why.

## Get buy-in

Let your child know the formula and fill in a chart together with the different foods they like. Explain that they can choose from that chart for their lunch everyday — the two of you can even plan a week in advance to stave off morning-rush panic. Then you can be confident you're not sending them off with something they don't like and you've hit lunch nirvana, right?

## Hand it over

If only. Sometimes that lunch you've packed comes right back home with barely a nibble gone. What then? "You say, 'That's it. I'm not packing your lunch anymore,'" said Phillipson-Webb, "and you have them make their lunches, using the formula." Take them shopping with you, she said. They'll be more inclined to eat something they helped buy and then put together themselves.

Plus, said Phillipson-Webb, when kids make their own lunches they give themselves the right quantity. "Little tummies can get overwhelmed when parents pack too much food," she said, "and then they might just reject the whole thing." Packing their own lunches also teaches kids which foods can sit in their bag for a few hours and still taste good at lunch. "It empowers them," she said.

## No junk food

The one area that parents shouldn't hand over, though, is the quality of food their child takes to school. "I don't think there's a place for junk food in school," said Phillipson-Webb. "These kids are going there to learn and if you feed their bellies with the empty calories of sugary pop, chocolate bars, and chips, they're going to feel good for half and hour and then they're going to crash."

That crash makes it difficult for children to concentrate and behave — directly impacting their ability to learn. "Set a precedent," says Phillipson-Webb.

"Tell them, 'Pop or chocolate is a treat we have sometimes at home,' and explain why that is and what the implications are. They need good food because they've got to learn."

## Consider the presentation

Another way to beat lunch-bag letdown is to get creative. Go online with your child and look up cool lunch ideas on recipe websites and social media. "Look up 'skewers' on Pinterest, for example, for fun things to do with fruits, vegetable, and cheese," she suggested.

"They're still getting healthy food, but it's in a fun, manageable form."

**Easy as 1, 2, 3 ... 4**

**Breaking school lunches down to a formula:**

**One protein:** that could be eggs, cheese, meat, quinoa, fish, tofu, beans, lentils, or tempeh. **One carbohydrate:** the list includes whole-wheat bread, buns, wraps, rice, pasta, bread sticks, crackers, naan, and a wealth of artisan breads. **One fruit:** apples, berries, pears, oranges, grapes, clementines, and so on. **One vegetable:** the rule here is as colourful as possible, so think red pepper strips, baby carrots, zucchini spears, broccoli florets, sugar-snap peas, and more.

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TRANSLINK

# Back-to-school gear hits the stores

**Kids' fashion.** Characters, camo all the rage with grade schoolers this fall

ASTRID VAN DEN BROEK
For Metro

Angry Birds. Spiderman and fellow superhero Captain America. Hello Kitty. When it comes to back-to-school shopping for the Grade 6 and under set, this age group's magnetic pull to licensed products isn't weakening any time soon.

"Licensed items are huge with kids," said Elena Delli Pizzi, the Richmond Hill, Ont.-based associate category manager for Staples Canada. "And this year, Marvel is really hot with the new Spiderman movie just released. So you'll see a lot of Spiderman and that carries over to Captain America and whatnot. And then also licences for backpacks from Monsters High to Skylanders and Hello Kitty, which is also always popular."

And while kids this age choose to display their allegiances by wearing their favourite characters on their backpacks or on T-shirt fronts, they're also a group that's not afraid to pull on some bright colours. "For girls' wear, it's still all about pink — it continues to be the number one colour in girls wear," said Karen Speirs, director of product development, apparel for Walmart Canada. "But shades range from bubblegum pink for little girls to dark fuchsia pink for big girls. And then it's the blues, ranging from mid-tones of Hawaiian ocean for the little girls, to dark cobalt blue for the bigger girls. And then shades of purple really going from mulberry magic kind of look, so a purple/pink tone to a dark purple in big girls. It's all paired with the neutral of the season which is grey — light grey in girls, marbled or solid."

Graphic long-sleeved T-shirt Walmart, $7

Fleece-lined camo hoodie Walmart, $18

And in the boys, well their colours seem to be inspired by the brightly-hued world of superheroes and action figures, notes Speirs. "So for boys, it's all about the bright cobalt blue, fire engine red, pumpkin orange and it's grounded with navy or grey," she said. "From little boys to older boys, the orange really changes to a bright neon yellow and it's grounded by more neutrals such as grey."

Leisure pants and tights seem to continue in popularity with the younger girls — and on top of those bright colours are an ever-growing choice of patterns beyond cupcakes and hearts. This fall, girls will be able to choose from patterns scattered over their legs such as paint splatter, camouflage, jellybeans, doughnuts, tie dye and more. (Camouflage is its own rising trend in fall clothing, though it's updated, featuring background colours and can be found on anything from combat boots for kids to fleece hoodies.) And while regardless of age, this fall, racks will carry a number of athletic clothing and varsity-type clothing featuring a range of sports-inspired touches such as incorporating moisture wicking-materials, reflective and neon accents and numbers adorning a number of clothing items. Yet, the leisure seems to be a growing trend as well.

"In the bottoms for boys as well, there is a trend happening with soft-dressing pants and that's a new look," said Speirs.

"The pants and the jogger, it's getting just a bit more relaxed and that's becoming a huge trend."

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LIFE 3

PLUS HOMES

# New season, old staples

**Sale search.** Now is the time to load up on tried-and-true wardrobe pieces as shops make room for their fresh fall looks

KATELYN ZBOROWSKI
life@metronews.ca

When most people hear the words "new arrivals," they immediately picture a monster-size credit card bill and shopping bags that really aren't full enough to justify the receipt hiding at the bottom.

Storefront displays filled with perfectly styled mannequins decked in fall's finest are enough to tempt anyone to give their credit card a workout, but the savvy Metro shopper knows better.

New arrivals don't need to cause price-tag panic. Why? It all comes down to the influx of new inventory and storage rooms that aren't quite big enough to handle it.

To break it down in a rhyme, when new arrivals come to play, last season leftovers simply can't stay.

And that means major savings for those who know where to look and for what.

So, what should shoppers seek? Lightweight, easy-to-layer textures.

When Preston Konrad, American Eagle Outfitters style director, was asked about the top item (no pun intended) to look out for, he shared the timeless classic: the cotton sweater.

Konrad says, "A cotton sweater is a great transition item.

"End of summer, it can be worn with shorts and cute sandals. Then, with a flannel and denim for early fall."

Sale shopping is about really getting into those racks and looking (read: hunting) for items that aren't overly trendy, but aren't so basic they bore you.

Neutrals are must-haves in any wardrobe, but so are items that express your personal style ... just so long as they don't break the bank.

When you do decide to stray from the sale signage and make a full-priced purchase, invest in something you'll get more than a single season out of.

Konrad shares that the new vegan motorcycle jacket from AEO is "perfectly tumbled and very detailed" and that you'll get a lot of wear from it.

He shares that women can easily wear it "with flannels and acid wash denim for a grunge look, or over a cool dress for a night out."

Is your style more "prep" than "punk"? Fret not, there's still plenty in store for you, too.

Just ask Elisha Ballantyne, Target Canada's divisional merchandise manager of apparel and accessories.

She says you can build up your fall wardrobe with easy-to-transition summer pieces by "layering lighter textures with heavier knits and denim."

So, stock up on sale button downs and lightweight tanks.

According to Ballantyne, "this fall, it's all about texture and pattern." Bring on the layers!

You'll find full-priced items that still feel like a steal.

The limited-edition Joseph Altuzarra for Target trench coat ($89.99, available Sept. 14), is the quintessential layering piece for the fall-winter season.

Throw it on top of your favourite summer sweater and patterned scarf for a street style section-worthy ensemble in a snap.

**The basics**

**Joseph Altuzarra for Target, Trench Coat, $89.99** CONTRIBUTED

**Forever 21, Frayed Paisley Scarf, $9.57** CONTRIBUTED

**American Eagle Outfitters, Skinny Jeans, $44** CONTRIBUTED

**Sole Society, Cutout Chevron Bangle, $27** CONTRIBUTED

**American Eagle Outfitters, Boyfriend Cardigan, $33** CONTRIBUTED

**ALDO, Sigiletto Boots, $165** CONTRIBUTED

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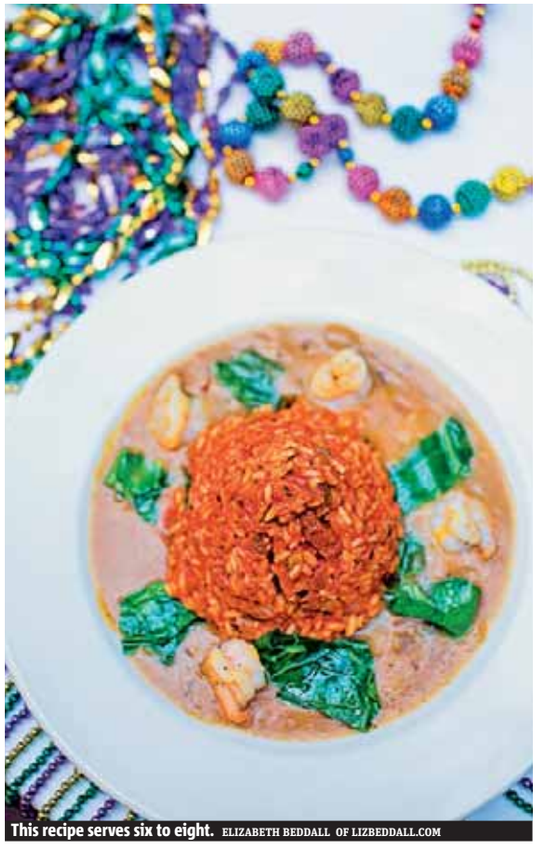

This recipe serves six to eight. ELIZABETH BEDDALL OF LIZBEDDALL.COM

# Dash of spice and lots of soul

**Creole Jambalaya.** Louisiana cooking combines classical French, Spanish and Anglo-Saxon cuisines. This is a classic dish found all over the region

"This dish is a close cousin to Spanish paella and they say it originated in New Iberia, La., which was originally a Spanish settlement," write Frances Wood and Thessavan Maniceavasakan in the Southern Accent Cookbook.

"This is a good recipe for using up any leftover meats!"

The book also notes that when removed from the oven, the pot should remain covered as it will keep cooking and be ready to serve in 30 minutes.

"If you are planning to serve at a later time, transfer into an ice bath which will stop it cooking further. That way, when you are ready to serve and reheat, the rice will not overcook," write Wood and Maniceavasakan,

**Ingredients**

**Spice Mix**
- 3 tsp salt
- 2 tsp cayenne
- 2 tsp ground white pepper
- 4 tsp ground black pepper
- 2 tbsp oregano
- 1 tsp thyme

- 4 tbsp vegetable oil
- 1 1/2 cups smoked ham, cubed
- 1 cup Andouille sausage, sliced
- 1 1/2 cups chicken or turkey breast
- 3 bay leaves
- 1 1/2 cups onion, chopped
- 1 1/2 cups green pepper, chopped
- 1 1/2 cups celery, chopped
- 1 tbsp minced garlic
- 2 cups plum tomatoes
- 1/2 cup chili sauce
- 1/4 cup tomato paste
- 2 1/2 - 3 cups chicken stock
- 2 cups rice

**1.** Combine spice mix and set aside.

**2.** Heat oil and sauté all meats with bay leaves for 8 minutes, add vegetables and sauté until tender-firm.

**3.** Add spice mix and garlic and cook 3 minutes.

**4.** Stir, scraping pan bottom periodically.

**5.** Add plum tomatoes, chili sauce and tomato paste, and bring to a boil.

**6.** Add stock and return to a boil.

**7.** Add rice, stir well, and bring to a boil.

**8.** Cover and cook in oven at 400 F for 20 minutes.

**9.** Stir thoroughly when removed from oven. **RECIPE ADAPTED FROM SOUTHERN ACCENT COOKBOOK: OUR CAJUN, CREOLE & SOUL EXPERIENCE BY FRANCES WOOD AND THESSAVAN MANICEAVASAKAN (2014).**

**Cookbook of the Week**

## Bring Cajun and Creole to your table

Toronto staple Southern Accent restaurant commemorates its 30th anniversary with Southern Accent Cookbook.

Written by founder Frances Wood and co-owner and chef Thessavan Maniceavasakan, the book offers a 144-page collection of recipes, images and anecdotes. Southern Accent Cookbook features recipes such as Hush Puppies, Blackened Chicken, Shrimp Etouffée, Bread Pudding and more. **METRO**

Survivor Rupinder Kang with her daughter Mannisha

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# METRO SPACES

## Adding a personal touch

*Design trends that will reflect your values*

SHUTTERSTOCK

When it comes to real estate, Vancouverites are looking for homes that reflect their values.

That demand has never been more apparent than it is now, says Jenny Chow, an architect with the Vancouver studio of Dialog, a multidisciplinary firm.

The top home design trends today all revolve around personalization.

### *BLANK-SLATE HOMES*

Homebuyers are very DIY (do-it-yourself) right now, Chow says. "Home design is a popular topic in the media — TV shows, the Internet, social media — so people are becoming more knowledgeable and more particular. When I'm designing a home I try to give buyers a palette that they can work from to express their own tastes. People are looking for a simple layout and basic finishes done well."

### *OPEN PLANS*

From detached homes to micro condos, the open plan rules. "We're not predetermining every little use for the space," Chow says. "You've got the basics — your kitchen and your bathroom — and for everywhere else the residents can figure out where they want to put things."

### *SUSTAINABILITY*

"People appreciate when developers are environmentally conscious," Chow says. She is seeing an increasing number of developers offering community gardens, rainwater harvesting, solar panels, geoexchange heating and cooling, and other environmentally friendly features.

### *SOMETHING SPECIAL*

"Whether it's something that comes with the package, or something that buyers apply themselves, people want their homes to be unique," Chow says. "They want a place that's a little bit different. More personal." That could take the form of anything from creating an accent wall with distinctive wallpaper to transforming the office into a mini theatre. The key is for developers to give their buyers some design wiggle room to customize their homes.

### *OUTDOOR SPACE*

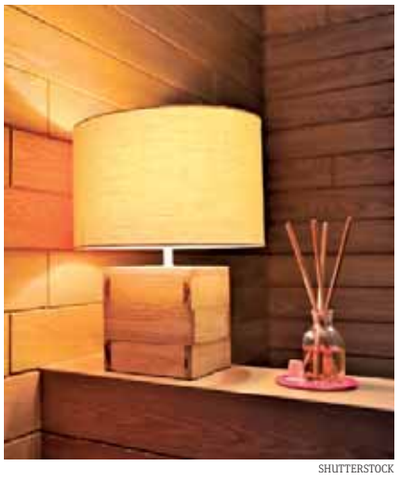
"Homebuyers like to have outdoor spaces that they can make their own," she says. "They like having some personal green space, meeting their neighbours and socializing."

### *SMART DESIGN*

As an increasing number of home management technologies come onto the market, developers will likely start incorporating more tech into the homes they build, Chow anticipates. Solutions on the horizon include NEST, the smart thermostat that residents can control by smartphone, and August, a smartphone-operated app that lets residents control their home locks remotely.

"Smart design isn't just about the hard infrastructure," Chow says. "It's any method a home developer uses to help residents streamline their lives, particularly via online or smartphone apps. There's a market for it, and Vancouver developers aren't going there yet, but I hope it will happen."

*– Stephanie Orford*



SHUTTERSTOCK

## FEELING FULFILLED IN YOUR SPACE

Cosy. The word is cute, comforting, and a bit quaint. It recalls country cottages, cats curled in front of the fire and silver-haired ladies sipping Earl Grey poured from a pot with a crocheted cover. It's an appealing image for those anticipating the cold months ahead — until we try to create a cosy retreat in a modern Canadian home.

"Cosy can quickly turn to dull, dated and even kitschy," says Sally Morse, interior designer and director of creative services for Hunter Douglas, a leading window treatments manufacturer. "While we long for comfort, warmth and security, we don't want to sacrifice style, luxury or energy efficiency.

"Cosiness also means intimacy, contentment and feeling fulfilled in your space." That space may be a modern suburban home, an urban loft, a restored Victorian or a city condo. Whatever one's refuge, her following tips will help to create a feeling of well-being, comfort and luxury.

### *START THE CONVERSATION*

Arrange furniture in conversation areas that bring family and friends together. "Furniture pieces shouldn't be wallflowers," Morse says. Attractive area rugs add intimacy to the groupings and warmth to bare floors.

### *GO FOR THE GLOW*

Turn off ceiling lights and spotlights and let soft light glow from table lamps. Candles and tea lights placed in groups throughout a space cast a magical glow. Consider battery-operated candles.

### *COLOUR ME COSY*

Choose deep, soothing hues — dark greens, ruby red, warm shades of brown and taupe. Burnished accessories that reflect the light — bronze, copper, brass, and gold — will add to a feeling of comfort and peace.

### *ON THE SCENT*

Create your own cosy scent with diffusers, sprays, scented oils, potpourri and candles. Buy these in complementary scents and "layer" them in different combinations. Start with a scent candle or diffuser in one scent and spray with another.

*– News Canada*

# THE INDEPENDENT

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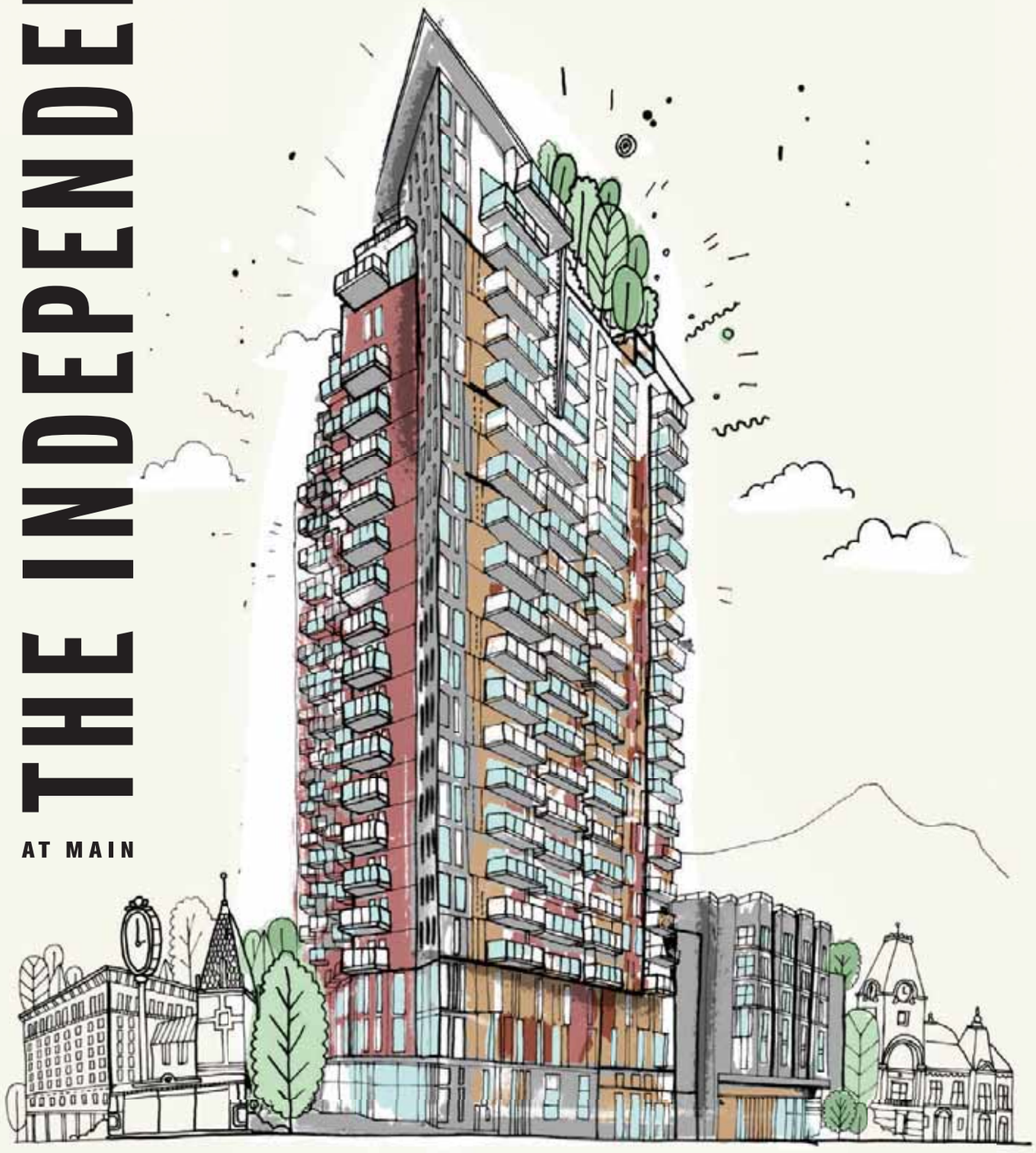

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# A modern Addition to Vancouver

Modern isn't just about what your home looks like or the clothes you wear. It's a mindset.

When developers are designing homes for the modern homebuyer, they are bringing more than just esthetics to the table.

"Modern professionals are looking for a high standard of living, and home developers are catering to those needs, not just in the design of the homes they build, but in the services and conveniences they offer," says Nick Prastos of Kenstone, a Vancouver developer known for the distinctively simple design of its projects.

Addition, Kenstone's new condo development on Hornby and Helmcken in downtown Vancouver, was designed to become that setting.

The development's collection of 164 homes was designed to give buyers a choice about the lifestyle they could live. Studio to three-bedroom apartments and townhomes — each has advantages depending what benefits for which buyers are looking.

The homes start at $349,900.

Modern features that back up the homes' sleek beauty include concrete construction and thermo-acoustic underlay beneath the brushed ash laminate flooring, which make homes at Addition quiet despite the bustle of the city.

The quality comes through in other details, too, including 100 per cent wool loop carpet in most bedrooms, soft-close drawers and thoughtfully designed storage space.

The ultra-efficient washer and dryer by Blomberg and the USB outlet and recessed LED lighting in the bedroom were included to simplify the modern lifestyle.

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"Beautiful form and optimal function are the new norm," Prastos says. "Our buyers expect nothing less."

For more, visit additionliving.com.

## *RESTORING THE MURRAY HOTEL*

Adjacent to Addition, the historic Murray Hotel is an enduring symbol of old Vancouver.

Alongside Kenstone Properties development of Addition, the company is investing more than $1 million to restore the Murray Hotel to its former glory.

"We recognized that the Murray Hotel was a valuable landmark in our architectural and cultural landscape, not just for Addition residents, but for all residents of Vancouver," says Nick Prastos, the site lead for Addition.

Designed by architect Ernest Workman, and originally owned by contractor Fred St. Clair Murray, the Murray Hotel was completed in 1915 to serve as an apartment hotel for workers during the city's building boom.

In 1919, Canada's Royal North West Mounted Police leased it as its temporary Vancouver barracks.

"The Murray Hotel is a fascinating window into our collective past," Prastos says. "Our goal is to preserve and protect it for future generations."

# A FINE BALANCE OF URBAN ENERGY, NATURAL BEAUTY

## ADDITION IS IN THE MIDST OF IT ALL

Vancouver is a city of the future, designed to give residents all the convenience they need, with all the green space and lifestyle amenities that make Vancouver a world-class city.

Addition, a new development by Kenstone, is in the midst of it all.

"Vancouver is an exciting place to be right now," says Nick Prastos, the site lead for Addition. "The city is really maturing and has developed such a rich food scene, cultural scene, urban landscape — you've got it all when you live here."

Residents at Addition will be a short walk from the city's business and education hubs.

Robson Street's shopping district is ready and waiting for a quick jaunt (just a five-minute walk away) or a committed shopping afternoon.

For residents who are going to university, SFU and UBC both have campuses located downtown nearby with an easy commute.

Addition is also steps from the city's beautiful parks and waterfront. Play Frisbee at David Lam Park, take the kids to Emery Barnes Park to play, have a picnic at Sunset Beach Park and watch the sunset. And when residents want some exercise, or a scenic route to work, they can walk, run, in-line skate or bike along Vancouver's iconic Sea Wall, which runs all the way around the downtown perimeter.

Addition residents have a host of entertainment options, day or night. Vancouver's biggest sports games, concerts and conventions are held at Rogers Arena, and B.C. Place, an easy walk from home.

Granville Street, traditionally known as "the Great White Way" for its lights, is home to some of Vancouver's top theatres. Catch a musical at the Vogue, or a performance of the Vancouver Symphony Orchestra at the Orpheum. "This fine balance between urban energy and natural beauty is what makes living in the heart of Vancouver so compelling," Prastos says.

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# BEAUTY IN THE DETAILS

CONTRIBUTED

The trick to a beautiful home is balance. Harmony, a collection of highrise apartments in central Richmond, was designed with this in mind.

"Harmony is an apt name for these homes because we designed them with the intention of creating a sense of tranquility for our residents," says Chris Colbeck, vice-president, sales and marketing of Townline Homes.

The development is a collection of 119 one-bedroom and workstation, one-bedroom and den, two-bedroom, and two-bedroom and den homes developed by award-winning partners Townline Homes and the Peterson Group.

Prices start at $318,800, tax included, and construction is ahead of schedule, meaning these homes are set to be move-in ready for summer 2015.

Conceptualized by one of North America's premier architects, Rafii Architects, in consultation with Feng Shui master Sherman Tai, the building's design is both timeless and contemporary. It was turned by eight degrees to ensure optimal balance with positive energy.

As residents and visitors walk through the door, the signature three-quarter-inch thick, bevelled-edge stone entry threshold makes a polished first impression. That feeling is continued throughout the home in its finishing materials including quartz countertops, stainless steel appliances and rich, wide-plank laminate flooring throughout the kitchen, living and dining rooms.

Kitchens are a pleasure to cook and socialize in, with elegant square-edge, flat-panel cabinetry with soft-close doors and drawers, and brushed stainless-steel cabinet pulls.

Fixtures provide beauty and utility in equal measure. The oversized stainless-steel, single-bowl under-mount sink features a European-style high-arc chrome faucet with convenient pull-out spray head.

The homes were designed for convenience, with versatile open shelving and additional pantry space. In the bathroom, you can enjoy the luxurious oversized soaker tub with full-height ceramic tile surround. After your soak, step out onto the hand-set large-format polished porcelain floor tiles.

"The homes at Harmony will feel like a spa retreat," Colbeck says.

For more, visit harmonyrichmond.com.

# Harmony offers perfect balance

At Harmony, the principle of balance doesn't just apply to esthetics. It also signifies the lifestyle the residents will be living.

"The development balances all the lifestyle factors residents will need and want," says Chris Colbeck, vice-president, sales and marketing of Townline Homes.

Convenience is a major factor, of course. Harmony residents will experience the freedom of the 10-minute trip. That is, it takes 10 minutes by car, bike or on foot to get to most places you will need to go in the city.

Shopping is eminently accessible. Residents will have easy access to Richmond Centre's more than 240 world-class shops and services including Aritzia, BCBG Max Azria, Browns, Coach, Apple, Sephora, and Michael Kors.

Pick up groceries at T&T Supermarket, the Real Canadian Superstore or the City Fresh Market nearby.

Swing by Starbucks or Blenz to catch up with a friend for coffee. Or if you are in need of a full meal, Richmond's vast selection of critically acclaimed restaurants is at your fingertips.

Who needs a car when the Canada Line SkyTrain line is a five-minute walk away? The easy-to-reach public transit network lets Harmony residents get to downtown Vancouver in 20 minutes.

Many other neighbourhood amenities are also less than 10 minutes away, including Minoru Park Sports Complex, Garden City Park, Richmond's City Hall and Public Library.

CONTRIBUTED PHOTOS

Amid all this activity and accessibility, however, there is space for quiet contemplation.

Harmony is tucked away in a quiet residential pocket just south of Richmond's downtown core. Set back from the street to maximize privacy, Harmony's unique location is off the flight path of the Vancouver International Airport, offering rare tranquility and quiet.

Though it is situated within walking distance of all the urban lifestyle essentials, it's also removed from the noise and congestion associated with high-density living.

## *A PLACE TO RELAX*

Harmony exudes an inviting sense of calm from the moment you step onto the property.

Artful landscaping and a soothing water feature with bridge welcome guests and residents. Inside the lobby, the concierge provides convenience, security and peace of mind.

If you are looking to relax you need go no further than the elegantly furnished private lounge for residents and their guests, complete with a kitchenette, large-screen TV and fireplace.

A state-of-the-art gym with all the latest equipment and a space for yoga enables you to stay fit while staying close to home.

Opportunities to relax and recharge are always accessible at Harmony. Meditate in the trellised Zen Garden, part of the 15,000-square-foot rooftop haven.

The spacious deck has all the ingredients for a festive outdoor gathering with ample seating and a family-friendly barbecue area. Children will enjoy the play area, which doubles as the perfect place for parents to relax with a cup of tea.

A gated dog run featuring pea gravel and a landscaped perimeter allows your four-legged family members to exercise close to home.

## CONSTRUCTION AHEAD OF SCHEDULE • COMPLETION SUMMER 2015*

*Harmony is in the heart of Richmond only steps to transit, parks, shops, cafés and restaurants, yet far enough away from the hustle and bustle. Enjoy spacious interiors and luxury amenities including an owner's lounge, fitness facility, and a 15,000 sf rooftop garden complete with nature path, BBQs, dog area, and playground. Now is the perfect time to own a new home at Harmony by Townline.*

| HARMONY HIGHRISE HOMES | INT SF | EXT SF | TOTAL SF | PRICED FROM* | 5% DOWN PAYMENT* |
|---|---|---|---|---|---|
| 1 Bedroom + Workstation | 577 sf | 33 sf | 610 sf | $318,800* | ONLY $15,940* |
| 1 Bedroom + Den | 647 sf | 54 sf | 701 sf | $351,800* | ONLY $17,590* |
| 2 Bedroom + Den | 928 sf | 84 sf | 1,012 sf | $485,800* | ONLY $24,290* |

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* Terms and conditions apply. Speak to a Harmony Sales Representative for more detail. Prices are net GST. Prices, promotions and incentives are subject to change without notice. The Developer reserves the right to make modifications and changes to the information contained herein. Pictures, drawings and digital renderings are for illustrative purposes only and should not be relied upon. Refer to the disclosure statement or contact our sales team for more information on completion. E. & O. E.

# Hold everything — it's fall!

It's time to clear the summer clutter and get ready for fall. There's no need to stuff everything in a closet. Try a more attractive approach to keeping your favourite things tidy with storage solutions that add style to every room in the house

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

## This mirror's got you pegged

**In the foyer:** Check yourself out while taming those leashes, hats and scarves. Peggy Mirror, $359, UrbanMode.com.

## Bevvie up to the bar cart

**In the living room:** Keep a cocktail party's worth of beverages and glassware on hand for lounging well into the night. Libations Bar Cart, $699, CrateAndBarrel.com.

## Stow it below

**In the bedroom:** Gain the equivalent of an extra dresser by sliding drawers under your bed. Brusali Under-bed Storage Boxes, $42.50, IKEA.com.

## A cozy case for champagne tastes

**In the dining room:** Keep your champagne flutes protected between grand affairs. Microfibre Flute Storage Case, $18, BedBathAndBeyond.ca.

## Reach for the stars

**In the kitchen:** Keep your spices, sea salt or tea stored in Moroccan style. Denby Monsoon Alhambra Storage Jar, $30, TheBay.com.

## Clear the way

**In the bathroom:** Perfectly clear acrylic disappears on the wall to float all your bath essentials. Format Storage Shelf, $80, CB2.com.

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# Coolest Cooler breaks Kickstarter records

The Coolest Cooler. COOLEST

**Chill companion**

As well as insulating perishables from the elements, the Coolest Cooler has:

- An integrated battery-powered blender for smoothies and cocktails.
- A water-resistant Bluetooth speaker.
- A built-in chopping board.
- A USB charger for keeping smartphones powered up.
- Chunky tires for easy rolling over the sand.

## Cooler for 21st century. Campaign hauls in more than $10M in pledges

A beachside drinks and food cooler for the digital generation is now officially the most successful Kickstarter campaign of all time, raising an incredible $10.36 million in pledges, and the campaign is yet to close.

And as the money has rolled in, the Cooler has become, well, cooler. When it ships to its first backers in February it will also have a retractable protective drawer for storing smartphones and the like, a removable rechargeable battery, and will be able to automatically pair with another Coolest Cooler for stereo speaker sound.

The Coolest Cooler Kickstarter campaign closes on Aug. 30, so there's still time to snap one up for $185 in time for next year's summer vacation. AFP

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**3 CAMBRIA**
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WESTSIDE APARTMENTS

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604.325.2216

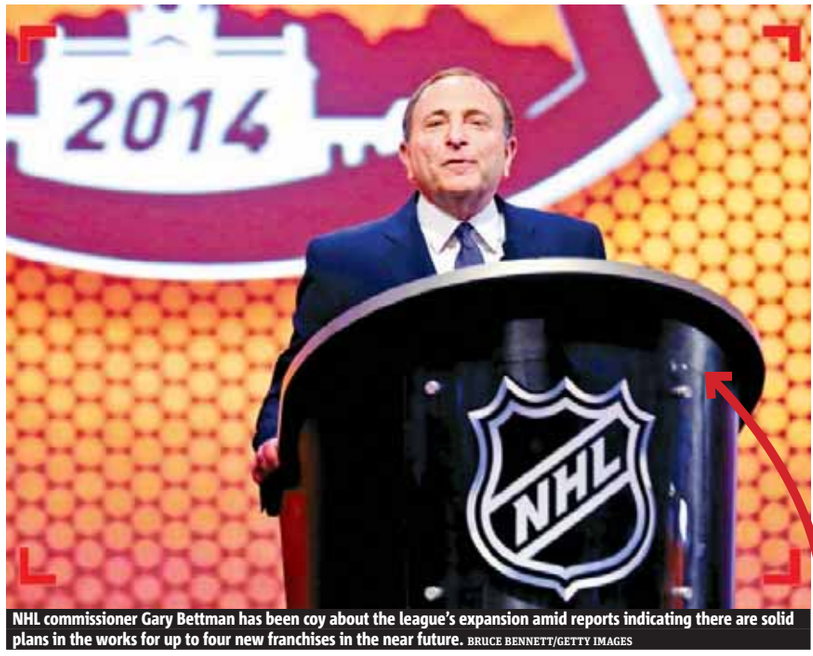
For details, visit **mosaichomes.com**

*Prices are subject to change. E&O.E.

SPORTS 4

# NHL expansion: Is it a fact or fad?

**Coming soon?** Top brass non-committal but 'done deal' reports fuel speculation




NHL commissioner Gary Bettman has been coy about the league's expansion amid reports indicating there are solid plans in the works for up to four new franchises in the near future. BRUCE BENNETT/GETTY IMAGES

NHL expansion is likely coming in the near future, though the league hasn't committed to any official plan just yet.

For more than a year, commissioner Gary Bettman has said the NHL is listening when approached by cities interested in acquiring a team, even though there's no formal expansion process underway. Amid reports this week indicating solid plans are in place, deputy commissioner Bill Daly said there's "nothing new to report on this subject."

Status quo doesn't necessarily mean the NHL won't eventually expand to Las Vegas, as the Vancouver Province reported Tuesday was a "done deal." And it doesn't necessarily discount the possibility of adding four teams by 2017, one each in Las Vegas, Seattle and Quebec City and a second in Toronto, as SportsBusinessNews.com reported via Twitter.

Getting to 32 teams sooner rather than later would make sense for a league that moved to unbalanced conferences with 16 teams in the East and 14 in the West beginning last season.

Officially, expansion is not on the agenda. But that doesn't stop the speculation.

"We listen when people say, 'We'd like to come visit you and tell you why we're interested and where we're interested,'" Bettman said in June.

Plenty of cities are interested, including Portland, Hamilton and Kansas City. But even with a new, lucrative Canadian TV deal and growing revenues, the NHL doesn't have to rush into anything.

Expansion is tempting because fees don't count toward hockey-related revenue, which gets split between owners and players.

Any expansion fee, which could run in the neighbourhood of $300 million or more, depending on the market, would be money the owners don't have to share.

Getting to 32 teams — 16 in the East and 16 in the West — makes for better playoff math and easier scheduling and would also tie the NHL with the NFL as the leagues with the most teams.

Any kind of expansion requires approval from the board of governors. The NHL hasn't expanded since 2000, when the Columbus Blue Jackets and Minnesota Wild joined the league. THE CANADIAN PRESS

**AUGMENTED REALITY**

→ Use your Metro News app to scan the photo above and find out more pros and cons of the four main cities in contention for a new NHL franchise.

metro AR

→ See the full instructions on Metro's Voices page.

**Back over .500**

## Stroman, Valencia lead Jays to first win in four games

A strong outing by rookie pitcher Marcus Stroman and a three-run homer by pinch-hitter Danny Valencia, his first as a Blue Jay, lifted Toronto to a 5-2 win over the Boston Red Sox on Wednesday night.

Toronto scored four runs — including two unearned — in the seventh inning with Valencia's bat leading the way. That made a winner out of Stroman, who was on cruise control other than hitting a two-run bump in the sixth inning.

Jose Bautista also homered for Toronto for the second day in a row as the Jays (67-66) snapped a string of three losses — and four extra-innings games.

Earlier in the day, the Blue Jays recalled right-handed pitcher Chad Jenkins from triple-A Buffalo of the International League and designated right-hander Sergio Santos for assignment. THE CANADIAN PRESS

**Mariners**

## Seattle loses 12-4 to Texas in Odor's big night

Three months into his major league career, 20-year-old Rougned Odor became the youngest player to hit a big league grand slam since Jose Reyes in 2003.

The last-place Texas Rangers beat Seattle 12-4 Wednesday to take two of three from the Mariners.

"I feel really good right now," Odor said. "I don't look for my number. I just play the game day to day." THE ASSOCIATED PRESS

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## AUGMENTED REALITY

**Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries
**March 21 - April 20**
If you feel trapped by your current situation you must find ways to cut yourself free. You have your own plans and intend to follow them.

### ♉ Taurus
**April 21 - May 21**
Be on your guard today, especially when dealing with money matters. There is a danger someone will try to cheat you, and if your mind is elsewhere they may succeed.

### ♊ Gemini
**May 22 - June 21**
A difference of opinion may be annoying but it is of no real importance, so don't go to war over it. Be confident enough in your own beliefs that you don't need other people's approval.

### ♋ Cancer
**June 22 - July 23**
With Mars, planet of ego, moving through the most dynamic area of your chart you could not care less what other people think.

### ♌ Leo
**July 24 - Aug. 23**
You may fall out with someone you live with but nothing bad is likely to come of it. Whose fault it was in the first place is unimportant – what matters is that you move on together.

### ♍ Virgo
**Aug. 24 - Sept. 23**
You will need to take steps to control negative feelings. Be especially careful what you say in front of important people. Criticism won't go down well.

### ♎ Libra
**Sept. 24 - Oct. 23**
You will make your point more effectively today if you stay calm and back up your arguments with facts that can't be denied.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
If you are too aggressive today, it could have consequences. Try not to take anything too seriously and try not to take what others say personally.

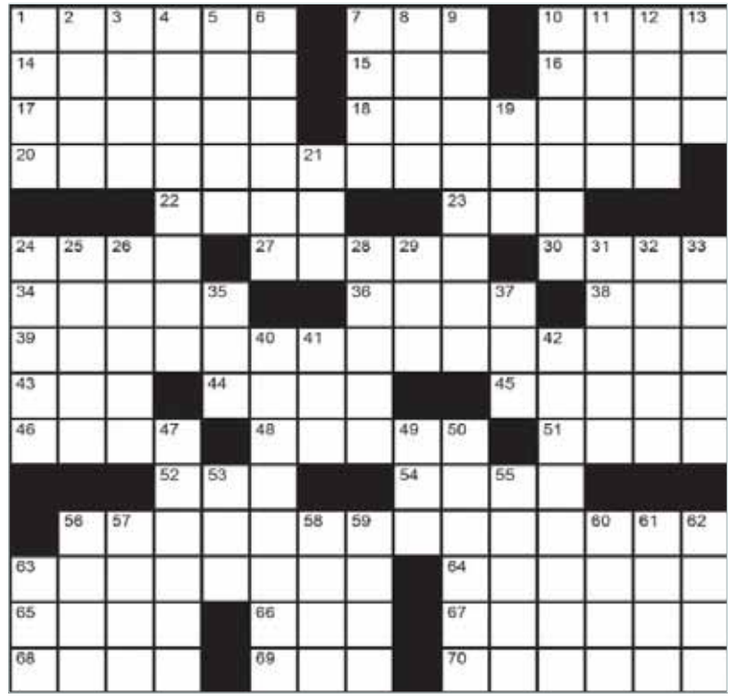
### ♐ Sagittarius
**Nov. 23 - Dec. 21**
You'll have to make a difficult choice. Don't worry what others may think of it. Worry only that if you don't act soon the matter may be taken out of your hands once and for all.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
The best way to boost your confidence is to tackle tasks that require total concentration. The less time you have to worry about problems, the more likely it is they'll resolve themselves.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Be careful what you say over the next 24 hours, especially when dealing with powerful people. You may have strong feelings about certain issues but keep them to yourself.

### ♓ Pisces
**Feb. 20 - March 20**
You feel obliged to favour one thing over another but is it for the best? The planets indicate you have been pushed in that direction by people who have a vested interest in what you do.

## Crossword: Canada Across and Down by Kelly Ann Buchanan



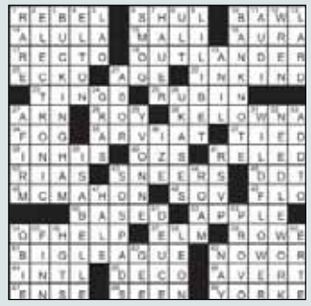
**Across**

1. Beatles guru, Maharishi __ Yogi
7. __ Hortons
10. Sporty striped shirts, shortly
14. Bob Dylan's "A Hard Rain's _-__ Fall"
15. Charles Dickens: Bleak House girl
16. Cholers
17. Steve __, "The Six Million Dollar Man" character
18. Southern Alberta village
20. Bit of Kim Stockwood's "Jerk": "I used to want some explanation / Now all I want is __ __ __ _ _."
22. "Makes sense now!": 2 wds.
23. "Tsk!"
24. Hawk
27. "Key __" (1948)
30. Duration
34. A Lesson from __ (Athol Fugard play)
36. Dionne Warwick's "Walk __ __"
38. Alter __
39. 2005 Rachel McAdams movie: 2 wds.
43. West __ (The Great Gatsby setting)
44. US campus mil. program
45. "American Pie" Chevy-driving spot
46. Like bottled hair
48. House sections
51. Actress Nikki
52. Toreador's taunt
54. Some soil
56. __-_-__-__ (Quebec locale which in English is called Whale Head)
63. Name of the Calgary Stampeders touchdown horse: 2 wds.
64. Baby cat
65. Latin 'year'
66. 1
67. Synchronicity
68. Feel
69. Days opp.
70. Nuts

**Down**

1. Lady's address
2. "_ __ Named Joe"
3. Setting of Global TV's "Remedy" [abbr.]
4. Required/meant
5. Vexed states
6. Fairytale brother
7. Sprinkled sweat-stopping stuff
8. Fan's favourite
9. Winnipeg: __ Legislative Building (More at #42-Down)
10. Does like Rosie in WWII
11. "All By Myself" by __ Carmen
12. Audio __
13. NNE opposite
19. Wildebeest
21. Politician's positive
24. Did carpentry
25. Dirge
26. Veronica of Archie Comics
28. Celebrity chef Mr. DiSpirito
29. "Patience" rock gr.
31. Annoy
32. Concur
33. Hard-__ (Tough)
35. Formal fellow
37. Fashionable monogram
40. "Just wondering, that's all.": 2 wds.
41. '60s lettered car
42. Symbols.Hidden Meanings.Cyphers... __ Code Tour, at the architectural marvel at #9-Down
47. E-business
49. Blue Jays org.
50. "____ the Sun" by Sheryl Crow
53. Currency in Albania
55. Skirt style
56. Melody
57. Mozart's "__ Kleine Nachtmusik"
58. Dryer's fluff
59. Choppers
60. "__ _ date!"
61. Vegas illuminator
62. Austrian river
63. '_' __ in Quebec

## Yesterday's Crossword



## Online

See today's answers at metronews.ca/answers

## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | | | | | | | | 5 |
| 7 | | | 9 | | 5 | | | 8 |
| | | 9 | 3 | 6 | 2 | 4 | | |
| | 9 | | 8 | | 7 | | 6 | |
| | 1 | | | | | | 3 | |
| | 2 | | 1 | | 6 | | 8 | |
| | | 8 | 4 | 1 | 3 | 9 | | |
| 9 | | | 5 | | 8 | | | 3 |
| 1 | | | | | | | | 2 |

## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 1 | 6 | 9 | 8 | 2 | 7 | 4 | 3 | 5 |
| 3 | 7 | 8 | 4 | 5 | 6 | 1 | 2 | 9 |
| 2 | 5 | 4 | 3 | 1 | 9 | 6 | 7 | 8 |
| 8 | 9 | 5 | 6 | 4 | 2 | 3 | 1 | 7 |
| 6 | 1 | 2 | 5 | 7 | 3 | 9 | 8 | 4 |
| 7 | 4 | 3 | 1 | 9 | 8 | 2 | 5 | 6 |
| 5 | 3 | 7 | 9 | 6 | 1 | 8 | 4 | 2 |
| 4 | 8 | 6 | 2 | 3 | 5 | 7 | 9 | 1 |
| 9 | 2 | 1 | 7 | 8 | 4 | 5 | 6 | 3 |

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